



Personal Development: KS3 Curriculum Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	<p>Emotional Wellbeing: Managing change and transition: Setting goals; developing good study habits</p> <p>Diversity, Prejudice & Bullying</p> <p>Friendship challenges, bullying and bystanders, peer influence</p>	<p>Relationships: 'Step In' for Violence Against Women and Girls</p> <p>Relationships: Building and maintaining healthy friendships; boundaries, consent and conflict resolution; characteristics of positive relationships</p>	<p>Health and Wellbeing: Looking after my physical and mental wellbeing; benefits of physical activity, sleep and time outdoors.</p> <p>Families & Changing Relationships Families and committed relationships, change, loss and grief.</p>	<p>Careers: What are my interests, skills and aspirations?</p> <p>Health and Wellbeing: Navigating the challenges of growing up; puberty; menstrual health and wellbeing; FGM awareness</p>	<p>Citizenship: What is citizenship and what are the Fundamental British Value?</p> <p>Financial Decision making Saving, borrowing, budgeting and making financial choices.</p>	<p>Personal Safety: How can I keep myself safe over the holidays?</p> <p>Online Safety: Misinformation and disinformation, how to access support.</p>
	<p>Relationships: Respecting diversity and promoting equality; protected characteristics; challenging stereotypes and prejudice</p> <p>Health and Wellbeing: Drugs and Alcohol Alcohol and drug misuse and pressures relating to drug use</p>	<p>Relationships: 'Step In' for Violence Against Women and Girls'</p> <p>Relationships: What makes our relationships healthy or unhealthy? Recognising abuse; where to seek help</p>	<p>Online Safety and Media Literacy: Evaluating trust and reliability online; risks & the law on sharing personal information and images; deepfakes and AI-generated content; social media age restrictions.</p>	<p>Careers: Exploring dream careers and future pathways</p> <p>Emotional Wellbeing: Mental health and emotional wellbeing, including body image and coping strategies.</p>	<p>Citizenship: How citizens bring about change</p> <p>Healthy Lifestyle: Decision making skills to support a healthy lifestyle Food for thought, Physical activity, sleep habits</p>	<p>Financial Education: Managing monthly money and making informed financial decisions; online scams and fraud awareness, banking, how to use a bank card.</p>
Year 9	<p>Relationships: Protecting myself and others against extremism and exploitation; grooming, criminal exploitation; gangs and county lines; recognising who to trust</p>	<p>Relationships: 'Step In' for Violence Against Women and Girls.</p> <p>Health and Wellbeing: Risks and consequences of substance use; legal</p>	<p>Financial Education: Managing financial risk; gambling harms and addiction</p> <p>Online Harm:</p>	<p>Careers: Preparing for KS4 and beyond Managing pressure and seeking support, exploring career interests.</p>	<p>Citizenship: The UK political system and democracy.</p> <p>Mental Health and Wellbeing:</p>	<p>Sex Education: Safely navigating intimate relationships; consent and the law; age of consent; contraception and the risk of STIs.</p>

		and illegal drugs; alcohol and its effects; smoking, vaping and nicotine addiction	Sharing nudes, thinking critically about misogyny, understanding deepfakes.		Managing strong emotions, Unhealthy coping strategies.	
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